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Hy-Tek's Meet Manager 4/16/2005 06:2

2005 Spike Arlt Invitational - 4/16/2005

hosted by Central Washington University

Ellensburg, WA

Results

Women 100 Meter Dash

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=====
Arlt Invite: ~ 12.17 2000      Sarah Axley, Pacific Lutheran
Stadium: @ 11.6h 5/8/1993    Kim Vanderhoek, Simon Fraser
D-II Auto: # 11.50 2005
D-II Prov: $ 12.10 2005
GNAC Auto: % 12.80 2005
GNAC Prov: ^ 13.70 2005
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Name	Year	School	Finals	Wind	H#	Po
1 Claussen, Chelsi		St. Martin's	12.56	2.8	3	
2 Leonhardt, Kinyatta		Seattle Pacific	12.60	2.8	3	
3 Grizzand, Brittany		Mount Hood CC	12.80	2.8	3	
4 Schlafer, Teresa		Central Wash.	12.93	2.8	3	
5 Thorne, Kristina		Central Wash.	13.25^	-0.4	2	
6 Baldwin, Alisha		Northwest	13.26	2.8	3	
7 Hood, Britany		Unattached	13.38^	-0.4	2	
8 Schutte, Nicki		NW Nazarene	13.40	2.8	3	
9 Bowman, Rebekah		NW Nazarene	13.41^	-0.4	2	
10 Berberick, Kim		NW Nazarene	13.55	2.8	3	
10 Bertholf, Kim		Pacific Lutheran	13.55^	-0.4	2	
12 Burr, Lakita		St. Martin's	13.68^	-0.4	2	
13 Sonis, De De		Mount Hood CC	13.84	3.5	1	
14 Crow, Nicole		Eastern Ore.	14.11	3.5	1	
15 Moran, Tara		Eastern Ore.	14.25	-0.4	2	
16 Burns, Ashley		Seattle	14.44	3.5	1	
17 Kotter, Katie		NW Nazarene	14.61	-0.4	2	

Women 200 Meter Dash

```
=====
Arlt Invite: ~ 24.97 1999      Sarah Axley, Pacific Lutheran
Stadium: @ 24.39 5/9/1987    Hollie Watson, Western Wash.
D-II Auto: # 23.80 2005
D-II Prov: $ 24.80 2005
GNAC Auto: % 26.10 2005
```

GNAC Prov: ^ 27.50 2005

Name	Year	School	Finals	Wind	H#	Po
=====						
1 Legard, Terran		Unattached	26.04%	NWI	4	
2 Grizzand, Brittany		Mount Hood CC	26.38^	NWI	4	
3 Garasimchuk, Zori		Highline CC	26.55^	NWI	4	
4 Wageman, Renee		Northwest	26.83	2.6	3	
5 Bertholf, Kim		Pacific Lutheran	27.13	2.6	3	
6 Mitchell, Lindsey		Central Wash.	27.24^	NWI	4	
7 Norman, Carolyn		Highline CC	27.29	2.6	3	
8 Thorne, Kristina		Central Wash.	27.40	2.6	3	
9 McCall, Jackie		Western Wash.	27.46	2.6	3	
10 Berberick, Kim		NW Nazarene	27.49	2.6	3	
11 Baldwin, Alisha		Northwest	27.52	NWI	4	
12 Hood, Britany		Unattached	27.70	2.8	2	
13 Bowman, Rebekah		NW Nazarene	27.90	2.6	3	
14 Larson, Sarah		Pacific Lutheran	28.61	2.8	2	
15 Woitovitch, Nicole		Eastern Ore.	28.74	2.8	2	
16 Harder, Amy		Western Wash.	28.97	2.8	2	
17 Schultz, Hannah		Pacific Lutheran	29.84	5.0	1	
18 Crow, Nicole		Eastern Ore.	30.01	2.8	2	
19 Cavalieri, Ashley		Highline CC	30.24	5.0	1	

Women 400 Meter Dash

=====						
Arlt Invite: ~	56.22	2004	Kinyatta Leonhardt, Seattle Pacific			
Stadium: @	56.22	4/17/2004	Kinyatta Leonhardt, Seattle Pacific			
D-II Auto: #	54.00	2005				
D-II Prov: \$	56.60	2005				
GNAC Auto: %	59.80	2005				
GNAC Prov: ^	1:04.00	2005				
Name	Year	School	Finals	H#	Points	
=====						
1 Legard, Terran		Unattached	56.42\$	3	10	
2 Kaercher, Rachael		Unattached	59.21%	3	8	
3 Garasimchuk, Zori		Highline CC	1:00.04^	3	6	
4 Wageman, Renee		Northwest	1:00.17^	3	5	
5 Marsh, Jennifer		Seattle Pacific	1:00.70^	2	4	
6 Hingston, Katie		Central Wash.	1:00.94^	3	2.5	
6 Burt, Angela		Western Wash.	1:00.94^	3	2.5	
8 Soule, Anna		Seattle Pacific	1:01.57^	2	1	
9 Evans, LeAnne		Western Wash.	1:01.60^	2		

10	Senescall, Stephanie	Puget Sound	1:01.74^	3
11	Fischer, Kara	Western Wash.	1:01.80^	2
12	Norman, Carolyn	Highline CC	1:02.98^	3
13	Schutte, Nicki	NW Nazarene	1:03.24^	2
14	Woitovitch, Nicole	Eastern Ore.	1:03.94^	1
15	Blagden, Bonar	Puget Sound	1:04.10	2
16	Bueb, Holly	Seattle	1:05.00	1
17	Schultz, Hannah	Pacific Lutheran	1:06.30	1
18	Overton, Wendy	Western Wash.	1:06.64	2
19	Mielke, Becca	Eastern Ore.	1:07.64	1
20	Ramos, Patricia	Seattle	1:09.67	1

Women 800 Meter Dash

=====

Arlt Invite: ~ 2:13.86 2002 Sarah Kraybill, Seattle Pacific
 Stadium: @ 2:09.71 5/9/1987 Brit McRoberts, Simon Fraser
 D-II Auto: # 2:08.00 2005
 D-II Prov: \$ 2:15.00 2005
 GNAC Auto: % 2:20.00 2005
 GNAC Prov: ^ 2:27.00 2005

Name	Year	School	Finals	H#	Points
=====					
1 Marsh, Jennifer		Seattle Pacific	2:19.92%	3	10
2 Lavin, Josie		Seattle Pacific	2:21.91^	3	8
3 Stilwater, Tiffany		Northwest	2:25.42^	3	6
4 Arce, Charisse		Seattle	2:28.66	3	5
5 Cullop, Nicole		Central Wash.	2:30.53	3	4
6 Gregorich-Evans, Chelsea		Central Wash.	2:31.92	3	3
7 Haas, Kristin		Western Wash.	2:34.87	2	2
8 Koch, Jamie		Central Wash.	2:34.91	2	1
9 Owen, Tanja		Central Wash.	2:35.04	2	
10 Teran, Ashley		Northwest	2:36.00	3	
11 Tachibana, Shauna		Pacific Lutheran	2:36.54	2	
12 Davignon, Kristen		Pacific Lutheran	2:36.68	2	
13 Mielke, Becca		Eastern Ore.	2:37.31	2	
14 Ferguson, Emily		Seattle	2:37.48	2	
15 Van Benthuyssen, Molly		Puget Sound	2:38.31	3	
16 Aslam, Shaheen		Western Wash.	2:43.10	1	
17 Plomski, Liesl		Evergreen St.	2:45.80	1	
18 Lundahl, Crystal		Highline CC	2:46.88	3	
19 Fraser, Erin		Western Wash.	2:50.10	1	
20 Brevik, Kjirsten		Puget Sound	3:01.60	1	

Women 1500 Meter Run

=====				
Arlt Invite: ~	4:32.45	2002	Alicen Maier, Central Wash.	
Stadium: @	4:27.64	5/9/1987	Brit McRoberts, Simon Fraser	
D-II Auto: #	4:27.00	2005		
D-II Prov: \$	4:41.00	2005		
GNAC Auto: %	4:50.00	2005		
GNAC Prov: ^	5:05.00	2005		
Name	Year	School	Finals	Points
=====				
1	Stilwater, Tiffany	Northwest	4:45.51%	10
2	Fullerton, Kelly	Seattle	4:45.71%	8
3	Marshall, Sitges	Highline CC	4:52.80^	6
4	Wilson, Michel	Mount Hood CC	4:53.31^	5
5	Johnson, Mandi	NW Nazarene	4:55.75^	4
6	Davignon, Kristen	Pacific Lutheran	4:57.46^	3
7	Colkitt, Stephanie	Eastern Ore.	4:58.02^	2
8	Dunnam, Jessie	St. Martin's	5:05.09	1
9	Ingersoll, Morgan	NW Nazarene	5:05.10	
10	Bailey, Rachel	Central Wash.	5:06.32	
11	Salveson, Meghan	Seattle	5:07.70	
12	Garcia, Alana	Seattle	5:08.70	
13	Teran, Ashley	Northwest	5:09.84	
14	D'Amico, Nicole	Western Wash.	5:11.90	
15	Bates, Sara	Eastern Ore.	5:15.90	
16	Johnson, Megan	NW Nazarene	5:22.20	
17	Bishop, Kaleigh	St. Martin's	5:23.92	
18	Lundahl, Crystal	Highline CC	5:25.83	
19	Jamieson, Ashley	Pacific Lutheran	5:26.31	
20	Howell, Jessica	Western Wash.	5:29.20	
21	Morris, Kim	Western Wash.	5:31.70	
22	Ferguson, Emily	Seattle	5:35.20	
23	Rohm, Breanne	Seattle Pacific	5:41.80	
24	Pratt, Suzi	Puget Sound	5:55.00	
25	Berdis, Meghan	Central Wash.	6:26.30	

Women 3000 Meter Run

=====				
Arlt Invite: ~	9:53.04	2003	Ashlee Vincent, Western Wash.	
Stadium: @	9:48.0h	5/8/1987	Leah Pells, Simon Fraser	
D-II Auto: #	9:40.00	2005		

D-II Prov: \$ 10:18.00 2005

GNAC Auto: % 10:30.00 2005

GNAC Prov: ^ 11:15.00 2005

Name	Year	School	Finals	Points
1 Marshall, Sitges		Highline CC	10:30.30^	10
2 Anderson, Brandy		Central Wash.	10:38.60^	8
3 Mullen, Lindy		Central Wash.	10:43.70^	6
4 Benson, Sarah		Central Wash.	10:53.95^	5
5 D'Amico, Nicole		Western Wash.	11:15.98	4
6 Johnston, Jessica		Eastern Ore.	11:22.62	3
7 Schwerdtfeger, Katrina		Western Wash.	11:24.89	2
8 Lauer, Lydia		Seattle	11:25.51	1
9 Baxter, Lexi		Western Wash.	11:32.66	
10 Kaligis, Keely		Western Wash.	11:48.37	
11 Williams, Rachel		Evergreen St.	11:49.19	
12 Brundidge, Sarah		Seattle	12:04.53	
13 Flor, Cherilynn		Highline CC	12:09.52	
14 Jablonsky, Jami		Highline CC	12:10.60	
15 Suess, Rachel		Seattle	12:15.40	
16 Oberholser, Jessie		Central Wash.	12:17.24	
17 Keeton, Jennifer		Ga. Coll. & St.	12:18.21	
18 Knight, Lindsey		Western Wash.	12:21.53	
19 Aslam, Shaheen		Western Wash.	12:23.25	
20 Fjellanger, Cathy		Western Wash.	12:28.58	
21 Hudgins, Sarah		Highline CC	12:39.56	

Women 5000 Meter Run

Arlt Invite: ~ 18:00.16	2004	Karen Dickson, Seattle Pacific		
Stadium: @ 17:00.61	5/7/1982	Patsy Sharples, Idaho		
D-II Auto: # 16:40.00	2005			
D-II Prov: \$ 17:50.00	2005			
GNAC Auto: % 18:30.00	2005			
GNAC Prov: ^ 20:00.00	2005			
Name	Year	School	Finals	Points
1 Rosapepe, Beth		Western Wash.	18:31.80^	10
2 Mullen, Marcie		Central Wash.	18:56.20^	8
3 Nisly, Melanie		NW Nazarene	19:19.60^	6
4 Mishler, Rebecca		NW Nazarene	19:19.80^	5
5 Finney, Rian		Eastern Ore.	19:21.00^	4

6	Mishler, Holly	NW Nazarene	19:26.10^	3
7	Probst, Janelle	St. Martin's	19:30.30^	2
8	Green, Amber	Central Wash.	19:58.00^	1
9	Mulvaney, Ashley	Mount Hood CC	20:35.10	
10	Uhlig, Emily	Central Wash.	20:46.10	
11	Wynkoop, Christy	NW Nazarene	20:54.40	
12	Wiggins, Jessica	NW Nazarene	21:13.80	
13	Blume, Katelynn	St. Martin's	22:03.40	
14	Hughes, Kellie	Ga. Coll. & St.	22:26.00	
15	Dedrick, Patricia	Ga. Coll. & St.	22:49.20	

Women 10000 Meter Run

=====

Arlt Invite: ~ 42:00.0h 2003 Nicole Seana, Seattle Pacific
 Stadium: @ 36:52.8h 5/6/1982 Patsy Sharples, Idaho
 D-II Auto: # 35:00.00 2005
 D-II Prov: \$ 37:50.00 2005
 GNAC Auto: % 40:00.00 2005
 GNAC Prov: ^ 43:30.00 2005

Name	Year	School	Finals	Points
=====				
1 Dunn, Briana		Warner Pacific	42:15.50^	10
2 Burse, Kami		Western Wash.	42:49.30^	8
3 DuBay, Maria		Mount Hood CC	45:34.60	6

Women 100 Meter Hurdles

=====

Arlt Invite: ~ 14.34 1998 Vanessa Fryer, Simon Fraser
 Stadium: @ 13.91 5/8/1993 Michaela Colluney, Simon Fraser
 D-II Auto: # 13.80 2005
 D-II Prov: \$ 14.65 2005
 GNAC Auto: % 15.50 2005
 GNAC Prov: ^ 17.00 2005

Name	Year	School	Finals	Wind	H#	Po
=====						
1 Rountree, Ashley		Central Wash.	15.14	3.1	2	
2 Holt, Kirsten		Western Wash.	15.50	3.1	2	
3 Merrick, Alex		Western Wash.	15.56	3.1	2	
4 Kinney, Erin		Warner Pacific	15.70	3.1	2	
5 Evans, LeAnne		Western Wash.	15.90	3.1	2	
6 Janney, Kristin		Seattle Pacific	16.10	3.1	2	
7 McCall, Jackie		Western Wash.	16.64	2.6	1	

8	Sonis, De De	Mount Hood CC	16.80	3.1	2
9	Hoke, Emily	Puget Sound	17.34	2.6	1
10	Newland, Jennifer	Central Wash.	17.74	2.6	1
11	Field, Maureen	Central Wash.	17.80	2.6	1
12	Kim, Christine	Highline CC	17.94	2.6	1
12	Druktenis, Stephanie	Central Wash.	17.94	2.6	1
14	Gilkison, Erin	Eastern Ore.	18.27	2.6	1

Women 400 Meter Hurdles

=====					
Arlt Invite:	~ 1:01.24	2002	Jawea Harder, Seattle Pacific		
Stadium:	@ 1:00.64	5/8/1993	Michaela Colluney, Simon Fraser		
D-II Auto:	# 59.00	2005			
D-II Prov:	\$ 1:03.30	2005			
GNAC Auto:	% 1:06.00	2005			
GNAC Prov:	^ 1:11.20	2005			
Name	Year	School	Finals	H#	Points
=====					
1	Rickels, Ashley	NW Nazarene	1:06.05^	2	10
2	Claussen, Chelsi	St. Martin's	1:06.09^	2	8
3	Rountree, Ashley	Central Wash.	1:08.89^	2	6
4	Nygaard, Kara	Unattached	1:10.02^	2	5
5	McHugh, Kerry	Highline CC	1:10.09^	2	4
6	Newland, Jennifer	Central Wash.	1:11.73	2	3
7	Burr, Lakita	St. Martin's	1:12.33	2	2
8	Cornish, Kristen	Western Wash.	1:12.87	1	1
9	Senescall, Stephanie	Puget Sound	1:13.13	2	
10	Kim, Christine	Highline CC	1:17.54	1	
11	Delvecchio, Cara	Puget Sound	1:18.07	1	
12	Clayton, Laura	Eastern Ore.	1:18.08	1	
13	Flesher, Sarah	Eastern Ore.	1:24.45	1	

Women 3000 Meter Steeplechase

=====					
Arlt Invite:	~ 11:36.0h	2002	Korinda Godwin, Northwest (Wash.)		
Stadium:	@ 11:10.10	5/3/2003	Kelly Fullerton, Seattle		
D-II Auto:	# 10:20.00	2005			
D-II Prov:	\$ 11:27.00	2005			
GNAC Auto:	% 11:50.00	2005			
GNAC Prov:	^ 12:50.00	2005			
Name	Year	School	Finals	Points	
=====					

1	McCanick, Ann	St. Martin's	12:10.20^	10
2	Stine, Stephanie	Unattached	12:12.70^	8
3	Jamieson, Ashley	Pacific Lutheran	12:15.50^	6
4	Haas, Kristin	Western Wash.	12:15.90^	5
5	Pitman, Erica	Central Wash.	12:31.80^	4
6	Beatty, Nicole	St. Martin's	12:35.20^	3
7	Thon, Sara	Western Wash.	12:39.40^	2
8	Jacobson, Liz	Pacific Lutheran	14:23.20	1

Women 4x100 Meter Relay

=====				
Arlt Invite: ~ 47.48	1999	Pacific Lutheran		
		Lay, Osborne, C.Axley, S.Axley		
Stadium: @ 47.48	4/24/1999	Pacific Lutheran		
		Lay, Osborne, C.Axley, S.Axley		
D-II Auto: # 45.50	2005			
D-II Prov: \$ 47.50	2005			
School			Finals	Points
=====				
1	Central Washington University	'A'	49.39	10
2	Northwest Nazarene University	'A'	52.08	8

Women 4x400 Meter Relay

=====				
Arlt Invite: ~ 3:52.13	1999	Western Wash.		
		Anderson, Ellingson, Rose, Tenace		
Stadium: @ 3:49.30	5/9/1987	Simon Fraser		
		Ewing, Parrish, Wagner, McRoberts		
D-II Auto: # 3:42.00	2005			
D-II Prov: \$ 3:52.00	2005			
School			Finals	H# Points
=====				
1	Central Washington University	'A'	4:05.78	2 10
2	Northwest Nazarene University	'A'	4:07.38	2 8
3	Western Washington University	'A'	4:15.53	2 6
4	Central Washington University	'B'	4:19.66	2 5
5	Seattle University	'A'	4:23.03	1 4
6	Eastern Oregon University	'A'	4:26.10	1 3
7	Eastern Oregon University	'B'	4:40.18	1 2

Women High Jump

=====

Arlt Invite: ~ 5-05.75 2000 Brianna Willis, Unattached
 Stadium: @ 5-09 Twice
 D-II Auto: # 1.79m 2005
 D-II Prov: \$ 1.69m 2005
 GNAC Auto: % 1.60m 2005
 GNAC Prov: ^ 1.48m 2005

Name	Year	School	Finals
=====			
1 Peterson, Emily		NW Nazarene	1.60m% 5-03.00
2 Kinney, Erin		Warner Pacific	1.55m^ 5-01.00
2 Groves, Monica		Puget Sound	1.55m^ 5-01.00
4 Moran, Tara		Eastern Ore.	1.55m^ 5-01.00
4 Todd, Lindsey		Washington	1.55m^ 5-01.00
6 Senescall, Stephanie		Puget Sound	1.50m^ 4-11.00
7 Ryen, Liz		Central Wash.	1.50m^ 4-11.00
7 Booth, Emily		Eastern Ore.	1.50m^ 4-11.00
9 Cox, Lindsey		Western Wash.	1.50m^ 4-11.00
9 Witcher, Christine		Western Wash.	1.50m^ 4-11.00
11 Attleburger, Christa		Mount Hood CC	1.50m^ 4-11.00
12 Kishi, Cristen		Western Wash.	1.45m 4-09.00
12 McCall, Jackie		Western Wash.	1.45m 4-09.00
12 Gallaher, Jessie		Mount Hood CC	1.45m 4-09.00
15 Larson, Ingrid		Pacific Lutheran	1.40m 4-07.00

Women Pole Vault

Arlt Invite: ~ 12-01.50 2004 Allison Hedges, Seattle Pacific
 Stadium: @ 12-01.50 4/17/2004 Allison Hedges, Seattle Pacific
 D-II Auto: # 4.00m 2005
 D-II Prov: \$ 3.50m 2005
 GNAC Auto: % 3.35m 2005
 GNAC Prov: ^ 2.75m 2005

Name	Year	School	Finals
=====			
1 Harris, Amy		Seattle Pacific	3.68m\$ 12-00.75
2 Studer, Ally		Seattle Pacific	3.35m% 10-11.756
2 Swango, Myrriah		Washington	3.35m% 10-11.756
2 Kreft, Andrea		Western Wash.	3.35m% 10-11.756
5 Hedges, Allie		Seattle Pacific	3.35m% 10-11.75
6 Heaton, Katie		Puget Sound	3.20m^ 10-06.00
7 Amos, Haley		Central Wash.	3.05m^ 10-00.00
8 Holt, Kirsten		Western Wash.	2.90m^ 9-06.25

9	Maurer, Katie	Central Wash.	2.90m^	9-06.25
10	Dockins, Cara	Western Wash.	2.75m^	9-00.25
11	Stone, Julie	Western Wash.	2.75m^	9-00.25
12	Kajko, Liz	Puget Sound	2.60m	8-06.25
--	Gallagher, Jessie	Mount Hood CC	NH	
--	Bonino, Laura	Pacific Lutheran	NH	
--	Hood, Brittany	Unattached	NH	
--	Perez, Becky	Central Wash.	NH	
--	Perez, Kelli	Western Wash.	NH	
--	Fredricksen, Brianna	Central Wash.	NH	

Women Long Jump

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=====
Arlt Invite: ~ 18-10.50 2002      Davina Strauss, Central Wash.
  Stadium: @ 19-04 4/17/1987 Kim Huey, Seattle Pacific
D-II Auto: # 6.25m 2005
D-II Prov: $ 5.69m 2005
GNAC Auto: % 5.20m 2005
GNAC Prov: ^ 4.72m 2005
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Name	Year	School	Finals	Wind	
=====					
1	Bascom, Kimberly	Western Wash.	5.04m^	NWI	16-0
2	Schlafer, Teresa	Central Wash.	4.92m^	NWI	16-0
3	Spear, Anjuli	Central Wash.	4.88m^	NWI	16-0
4	Merrick, Alex	Western Wash.	4.82m^	NWI	15-0
5	Graham, Julie	Central Wash.	4.66m	NWI	15-0
6	Tiger, Lea	Central Wash.	4.65m	NWI	15-0
7	Leonard, Lindsay	Western Wash.	4.65m	NWI	15-0
8	Field, Maureen	Central Wash.	4.60m	NWI	15-0
9	Goe, Becca	Puget Sound	4.48m	NWI	14-0
10	Burns, Ashley	Seattle	4.47m	NWI	14-0
11	Burr, Lakita	St. Martin's	4.46m	NWI	14-0
12	Hood, Britany	Unattached	4.42m	NWI	14-0
13	Maurer, Katie	Central Wash.	4.27m	NWI	14-0
14	Kajko, Liz	Puget Sound	3.85m	NWI	12-0
15	Lewis, Rebecca	Pacific Lutheran	3.84m	NWI	12-0
16	Plypick, Taryn	Highline CC	3.40m	NWI	11-0

Women Triple Jump

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=====
Arlt Invite: ~ 38-08.50 1994      Tracy Fox, Pacific Lutheran
  Stadium: @ 38-08.50 4/23/1994 Tracy Fox, Pacific Lutheran
```

D-II Auto: # 12.50m 2005
D-II Prov: \$ 11.60m 2005
GNAC Auto: % 10.90m 2005
GNAC Prov: ^ 9.50m 2005

Name	Year	School	Finals	Wind
=====				
1 Tiger, Lea		Central Wash.	10.99m%	NWI 36-0
2 Bascom, Kimberly		Western Wash.	10.99m%	NWI 36-0
3 Graham, Julie		Central Wash.	10.70m^	NWI 35-0
4 Leonard, Lindsay		Western Wash.	10.54m^	NWI 34-0
5 Wagner, Jessica		Central Wash.	10.49m^	NWI 34-0
6 Goe, Becca		Puget Sound	10.17m^	NWI 33-0
7 Spear, Anjuli		Central Wash.	10.17m^	NWI 33-0
8 Booth, Emily		Eastern Ore.	10.07m^	NWI 33-0
9 Attleburger, Christa		Mount Hood CC	9.72m^	NWI 31-1
10 Lewis, Rebecca		Pacific Lutheran	9.33m	NWI 30-0
11 Kim, Christine		Highline CC	8.92m	NWI 29-0

Women Shot Put

=====

Arlt Invite: ~ 44-11 2000 April Haney, Eastern Ore.
Stadium: @ 47-01.25 4/18/1981 Jenny Lemke, Wenatchee Valley CC
D-II Auto: # 15.24m 2005
D-II Prov: \$ 13.26m 2005
GNAC Auto: % 11.50m 2005
GNAC Prov: ^ 10.40m 2005

Name	Year	School	Finals
=====			
1 Tandle, Krissy		Central Wash.	12.46m% 40-10.50
2 Lindquist, Rebecca		Central Wash.	11.96m% 39-03.00
3 Whitemarsh, Ann-Erica		Warner Pacific	11.65m% 38-02.75
4 Carlson, Tammy		Western Wash.	11.55m% 37-10.75
5 Carroll, Amy		NW Nazarene	11.38m^ 37-04.00
6 McAdam, Rebekah		NW Nazarene	10.58m^ 34-08.50
7 Wochnick, Megan		Pacific Lutheran	10.39m 34-01.25
8 Maddux, Sarah		NW Nazarene	9.80m 32-02.00
9 Mathias, Teresa		Seattle	9.65m 31-08.00
10 Biechler, Sarah		Eastern Ore.	9.45m 31-00.00
11 Jacobsen, Missy		Eastern Ore.	9.41m 30-10.50
12 Wheelhouse, Chelsey		Eastern Ore.	9.33m 30-07.50
13 Washington, Danika		St. Martin's	8.32m 27-03.75
14 Brockman, Tera		Seattle	6.10m 20-00.25

15 Rice, Kristie	Seattle	5.13m	16-10.00
16 Quilter, Tiffany	Central Wash.	1.97m	6-05.75

Women Discus Throw

```
=====
Arlt Invite: ~ 151-01 1998      Sherie Schroeder, Western Wash.
Stadium: @ 166-11 4/9/1983    Julie Hanson, Unattached
D-II Auto: # 50.60m 2005
D-II Prov: $ 44.00m 2005
GNAC Auto: % 37.00m 2005
GNAC Prov: ^ 33.00m 2005
```

Name	Year School	Finals	
1 McAdam, Rebekah	NW Nazarene	40.15m%	131-09
2 VanOeveren, Ashley	Western Wash.	39.95m%	131-01
3 Tandle, Krissy	Central Wash.	39.58m%	129-10
4 Quilter, Tiffany	Central Wash.	38.81m%	127-04
5 Gilkison, Erin	Eastern Ore.	38.58m%	126-07
6 Wochnick, Megan	Pacific Lutheran	37.54m%	123-02
7 Carroll, Amy	NW Nazarene	36.59m^	120-00
8 Wherry, Kristi	NW Nazarene	36.20m^	118-09
9 Lewis, Stephanie	Pacific Lutheran	34.74m^	114-00
10 McDowell, Christin	Central Wash.	33.89m^	111-02
11 Carlson, Tammy	Western Wash.	32.46m	106-06
12 Lindquist, Rebecca	Central Wash.	32.44m	106-05
13 Biechler, Sarah	Eastern Ore.	30.97m	101-07
14 MacCully, Kristina	Western Wash.	28.68m	94-01
15 Whitemarsh, Ann-Erica	Warner Pacific	24.21m	79-05
-- Rance, Erica	Western Wash.	FOUL	
-- Washington, Danika	St. Martin's	FOUL	
-- Heavilin, Amber	Warner Pacific	FOUL	

Women Hammer Throw

```
=====
Arlt Invite: ~ 173-11.50 2003      Jennifer Dunkin, Western Ore.
Stadium: @ 177-01.25 5/3/2003    Jennifer Dunkin, Western Ore.
D-II Auto: # 56.38m 2005
D-II Prov: $ 48.75m 2005
GNAC Auto: % 42.00m 2005
GNAC Prov: ^ 33.00m 2005
```

Name	Year School	Finals
------	-------------	--------

1	McDowell, Christin	Central Wash.	47.65m%	156-04
2	Wheelhouse, Chelsey	Eastern Ore.	46.58m%	152-10
3	Wherry, Kristi	NW Nazarene	45.51m%	149-04
4	Wochnick, Megan	Pacific Lutheran	44.80m%	147-00
5	MacCully, Kristina	Western Wash.	41.87m^	137-04
6	Carlson, Tammy	Western Wash.	41.12m^	134-11
7	Tandle, Krissy	Central Wash.	39.81m^	130-07
8	Bowman, Hannah	NW Nazarene	39.66m^	130-01
9	Parker, Mackenzie	Unattached	38.44m^	126-01
10	Taylor, Katie	Western Wash.	38.15m^	125-02
11	Quilter, Tiffany	Central Wash.	36.14m^	118-07
12	Carroll, Amy	NW Nazarene	35.45m^	116-04
13	Jacobsen, Missy	Eastern Ore.	34.39m^	112-10
14	Rance, Erica	Western Wash.	32.43m	106-05
15	Maddux, Sarah	NW Nazarene	32.25m	105-10
16	Horn, Tara	Puget Sound	29.52m	96-10

Women Javelin Throw

=====

Arlt Invite: ~ 156-05 2002 Molly Monroe, Unattached
 Stadium: @ 160-11 4/23/1983 Lorna Martinson, Central Wash.
 D-II Auto: # 47.24m 2005
 D-II Prov: \$ 40.84m 2005
 GNAC Auto: % 38.10m 2005
 GNAC Prov: ^ 33.00m 2005

Name	Year	School	Finals	
=====				
1	McMeel, Katie	Central Wash.	41.22m\$	135-03
2	McAdam, Rebekah	NW Nazarene	40.85m\$	134-00
3	Taylor, Amy	Seattle Pacific	38.77m%	127-02
4	Groves, Monica	Puget Sound	35.71m^	117-02
5	Rance, Erica	Western Wash.	35.26m^	115-08
6	Ranjel, Loreen	Pacific Lutheran	34.94m^	114-07
7	Fenn, Lauren	Puget Sound	32.28m	105-11
8	Janney, Kristin	Seattle Pacific	32.11m	105-04
9	Mathias, Teresa	Seattle	31.14m	102-02
10	Taylor, Katie	Western Wash.	31.12m	102-01
11	Evans, LeAnne	Western Wash.	30.65m	100-07
12	Newland, Jennifer	Central Wash.	30.59m	100-04
13	Gilkison, Erin	Eastern Ore.	30.03m	98-06
14	Cavalieri, Ashley	Highline CC	28.81m	94-06
15	Barr, Kayla	NW Nazarene	22.95m	75-03

Men 100 Meter Dash

=====

Arlt Invite: ~ 10.53 1998 Chris Courtney, Central Wash.
 Stadium: @ 10.53 4/25/1998 Chris Courtney, Central Wash.
 D-II Auto: # 10.30 2005
 D-II Prov: \$ 10.65 2005
 GNAC Auto: % 11.10 2005
 GNAC Prov: ^ 11.50 2005

Name	Year	School	Finals	Wind	H#	Po
=====						
1 Hubbard, Bruce		Highline CC	10.54	4.5	5	
2 Van Sant, Pete		Puget Sound	10.85	4.5	5	
3 Burnett, James		Pacific Lutheran	10.96	4.5	5	
4 Jayo, Talon		Eastern Ore.	10.96	4.5	5	
5 Redmond, Adam		Highline CC	11.11	4.5	5	
6 Punjani, Faruk		Seattle	11.17	4.5	5	
7 Rogstad, Matt		Unattached	11.24^	1.9	4	
8 Greene, Burch		Puget Sound	11.25^	1.9	4	
9 Wheeler, Eddie		NW Nazarene	11.28	4.5	5	
9 Glover, Travis		Highline CC	11.28	3.5	3	
11 Khabibulin, Mike		Western Wash.	11.31^	1.9	4	
12 Mangold, Casey		Seattle	11.32^	1.9	4	
13 Armstead, Jeremiah		Unattached	11.34	3.5	3	
14 Stevens, Jason		Eastern Ore.	11.36	3.5	3	
15 Bye, Brycen		Puget Sound	11.40	3.5	3	
16 Sloan, Cameron		Central Wash.	11.44^	1.9	4	
17 Roberts, Jason		Central Wash.	11.48^	1.9	4	
18 Howard, Sterling		Highline CC	11.51	3.5	3	
19 DeBord, Mark		NW Nazarene	11.56	3.1	2	
19 Albrecht, Andrew		Pacific Lutheran	11.56	3.1	2	
21 McGillen, Kyle		Western Wash.	11.58	1.9	4	
22 Thompsen, Dan		Western Wash.	11.64	3.5	3	
23 Gould, Brian		NW Nazarene	11.68	3.5	3	
24 Truman, Gary		Eastern Ore.	11.76	3.1	2	
25 Page, Nick		Pacific Lutheran	11.83	3.1	2	
26 Castona, Nic		Western Wash.	11.85	3.1	2	
27 Oliver, Gresham		NW Nazarene	11.90	3.1	2	
28 Vanek, Matt		Puget Sound	11.93	3.4	1	
28 Dexter, Tyler		Central Wash.	11.93	3.1	2	
30 Orji, Lionel		Highline CC	11.96	3.4	1	
31 Costello, Cody		Puget Sound	12.37	3.4	1	

Men 200 Meter Dash

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=====
Arlt Invite: ~ 21.50  1997      Marc Hill, Unattached
  Stadium: @ 21.50  4/26/1997  Marc Hill, Unattached
  D-II Auto: # 20.65  2005
  D-II Prov: $ 21.50  2005
  GNAC Auto: % 22.20  2005
  GNAC Prov: ^ 23.40  2005
```

Name	Year School	Finals	Wind	H#	Po
=====					
1 Hubbard, Bruce	Highline CC	22.10	3.2	7	
2 Coutard, Fabien	Unattached	22.19	3.2	7	
3 Van Sant, Pete	Puget Sound	22.66	4.1	6	
4 Punjani, Faruk	Seattle	22.92	2.3	5	
5 McIver, Brynne	Highline CC	22.97	3.2	7	
6 Rogstad, Matt	Unattached	22.99	4.1	4	
6 Armstead, Jeremiah	Unattached	22.99	2.3	5	
8 Engelson, Kurt	Seattle Pacific	23.13	3.2	7	
9 Khabibulin, Mike	Western Wash.	23.14	3.2	7	
10 Wheeler, Eddie	NW Nazarene	23.15	2.3	5	
11 Jayo, Talon	Eastern Ore.	23.16	4.1	6	
12 Stevens, Jason	Eastern Ore.	23.34	4.1	6	
13 Howard, Sterling	Highline CC	23.43	2.3	5	
14 Roberts, Jason	Central Wash.	23.46	2.3	5	
15 DeBord, Mark	NW Nazarene	23.49	2.3	5	
16 Lycksell, Lucas	Pacific Lutheran	23.51	3.7	3	
17 Edwards, Robert	Central Wash.	23.61	4.1	4	
18 Jones, Alvin	Highline CC	23.64	4.1	6	
19 Gundel, Andy	Central Wash.	23.72	3.7	3	
20 Morrison, Michael	Club Northwest	23.75	4.1	6	
21 Hill, Brandon	NW Nazarene	23.79	4.1	4	
22 Payne, Jon	Pacific Lutheran	23.85	3.7	3	
22 Bye, Brycen	Puget Sound	23.85	3.8	2	
24 Kinder, Dayne	Central Wash.	24.05	3.7	3	
25 Albrecht, Andrew	Pacific Lutheran	24.12	4.1	4	
26 Page, Nick	Pacific Lutheran	24.16	5.9	1	
27 Truman, Gary	Eastern Ore.	24.31	3.7	3	
28 Scansen, Danny	Northwest	24.38	4.1	4	
29 Dexter, Tyler	Central Wash.	24.39	3.8	2	
30 Vanek, Matt	Puget Sound	24.45	5.9	1	
31 Hamblen, Jordan	Mount Hood CC	24.84	3.2	7	

32 Orji, Lionel	Highline CC	24.94	4.1	4
33 Costello, Cody	Puget Sound	25.19	5.9	1
34 Ching, Ehren	St. Martin's	25.22	3.8	2
35 Sholola, J.D.	Unattached	25.65	3.7	3

Men 400 Meter Dash

=====

Arlt Invite: ~ 47.9h 1994 Jay Spears, Central Wash.
 Stadium: @ 47.84 5/12/1984 John Kaay, Simon Fraser
 D-II Auto: # 46.50 2005
 D-II Prov: \$ 48.00 2005
 GNAC Auto: % 50.00 2005
 GNAC Prov: ^ 51.70 2005

Name	Year	School	Finals	H#	Points
=====					
1 Kelley, Mike		Central Wash.	49.93%	4	10
2 Reynolds, Eric		Central Wash.	50.37^	4	8
3 Neff, Adam		Western Wash.	50.64^	4	6
4 Coutard, Fabien		Unattached	50.94^	3	5
5 Strickler, Eddie		Seattle Pacific	50.99^	3	4
6 Watson, Cresap		Central Wash.	51.33^	4	3
7 Hartwig, Casey		NW Nazarene	51.35^	3	2
8 Jones, Alvin		Highline CC	51.64^	4	1
9 Kinder, Dayne		Central Wash.	51.91	3	
10 Morrison, Michael		Club Northwest	51.92	3	
11 Engelson, Kurt		Seattle Pacific	52.10	3	
12 Scansen, Danny		Northwest	52.40	2	
13 Stupnitskiy, Anton		Warner Pacific	52.45	4	
14 Gerry, Bryan		Unattached	52.92	3	
15 Brown, Garrett		Seattle	53.17	2	
16 Walsh, Tim		Western Wash.	55.04	2	
17 Ching, Ehren		St. Martin's	56.53	1	
18 Sholola, J.D.		Unattached	1:00.81	2	
19 Tober, Kevin		Unattached	1:02.28	1	

Men 800 Meter Dash

=====

Arlt Invite: ~ 1:52.14 2003 Devin Kemper, Club Northwest
 Stadium: @ 1:51.75 5/9/1987 Andrew Dawson, Simon Fraser
 D-II Auto: # 1:49.40 2005
 D-II Prov: \$ 1:53.00 2005
 GNAC Auto: % 1:55.50 2005

GNAC Prov: ^ 1:59.90 2005

Name	Year	School	Finals	Points
=====				
1 Hendricks, Nate		Unattached	1:57.24^	10
2 Hagood, Lincoln		NW Nazarene	1:58.81^	8
3 Savala, Travis		Pacific Lutheran	2:00.00	6
4 Riak, John		Unattached	2:00.03	5
5 Abbott, Kelen		Warner Pacific	2:00.32	4
6 Vanni, Matt		Puget Sound	2:01.42	3
7 Strickler, Eddie		Seattle Pacific	2:02.61	2
8 Whitaker, Brandon		Western Wash.	2:02.86	1
9 Quach, Yi-An		Seattle	2:02.87	
10 Dobra, Danny		Warner Pacific	2:03.79	
11 Little, Canyon		Western Wash.	2:04.18	
12 Timmer, Caleb		St. Martin's	2:05.23	
13 Randall, Leonard		Northwest	2:05.42	
14 Sipko, Daniel		Eastern Ore.	2:05.58	
15 Lesser, Jacob		Western Wash.	2:06.87	
16 Mohoric, Tyler		St. Martin's	2:06.98	
16 U'Ren, Ben		Puget Sound	2:06.98	
18 Johnson, Ben		Pacific Lutheran	2:08.55	
19 Rockenbach, Brian		Central Wash.	2:09.59	
20 Hunt, Skyler		Highline CC	2:10.38	
21 Castellon, Noe		St. Martin's	2:12.03	
22 Ramirez, Chris		Pacific Lutheran	2:13.40	
23 Nishida, Todd		Seattle	2:13.75	
24 Carpenter, Vic		St. Martin's	2:15.49	
25 Lalonde, Steven		St. Martin's	2:18.23	
26 Judd, Ben		Unattached	2:25.17	
27 Stephenson, Beau		Mount Hood CC	2:42.5h	

Men 1500 Meter Run

=====				
Arlt Invite: ~ 3:54.5h	2002	Nathan Carlson, St. Martin's		
Stadium: @ 3:51.64	5/9/1987	Mike Pace, Central Wash.		
D-II Auto: # 3:47.00	2005			
D-II Prov: \$ 3:54.00	2005			
GNAC Auto: % 3:59.00	2005			
GNAC Prov: ^ 4:10.00	2005			
Name	Year	School	Finals	Points
=====				
1 Brancheau, Sam		Western Wash.	3:59.70^	10

2	Abbott, Kelen	Warner Pacific	4:02.81^	8
3	Pankiewicz, Mike	Central Wash.	4:06.98^	6
4	Sipko, Daniel	Eastern Ore.	4:10.18	5
5	Renninger, Robert	Seattle	4:11.38	4
6	Randall, Leonard	Northwest	4:12.01	3
7	Riak, John	Unattached	4:12.98	2
8	Nugent, Tyler	Pacific Lutheran	4:13.25	1
9	Whitaker, Brandon	Western Wash.	4:16.29	
10	Schepler, Ty	Western Wash.	4:18.29	
11	Zimmer, Andy	Puget Sound	4:19.26	
12	Layne, Tyler	NW Nazarene	4:22.30	
13	Castellon, Noe	St. Martin's	4:27.03	
14	Miskimens, David	Unattached	4:28.30	
15	Christensen, Brent	St. Martin's	4:30.40	
16	Hensley, Aaron	Mount Hood CC	4:31.40	
17	Pearson, Joel	Unattached	4:32.20	
18	Wilbur, Robbie	St. Martin's	4:33.10	
19	Graham, Laurence	NW Nazarene	4:33.50	
20	Carpenter, Vic	St. Martin's	4:37.00	
21	Lalonde, Steven	St. Martin's	4:38.80	
22	Martindale, Robert	Unattached	4:51.80	
23	O'Conner, Matt	Unattached	4:54.60	
24	Wangen, Jon	Mount Hood CC	5:02.10	
25	Murphy, Patrick	Evergreen St.	5:07.50	

Men 5000 Meter Run

=====				
Arlt Invite:	~ 14:22.35	2002	Eric Tollefson, Unattached	
Stadium:	@ 14:22.35	4/20/2002	Eric Tollefson, Unattached	
D-II Auto:	# 14:00.00	2005		
D-II Prov:	\$ 14:50.00	2005		
GNAC Auto:	% 15:10.00	2005		
GNAC Prov:	^ 16:00.00	2005		
Name	Year	School	Finals	Points
=====				
1	Scotchmer, Sam	Central Wash.	15:09.79%	10
2	Senrud, Logan	Western Wash.	15:42.22^	8
3	Stewart, Michael	Western Wash.	15:44.29^	6
4	Hotchkiss, Jake	NW Nazarene	15:46.97^	5
5	Lambert, Kevin	NW Nazarene	15:50.24^	4
6	Larpenteur, David	Highline CC	16:02.55	3
7	Schmitt, Matt	Central Wash.	16:08.95	2

8	Blackburn, Troy	Eastern Ore.	16:12.76	1
9	Cook, Matt	Central Wash.	16:16.53	
10	Anderson, Geoff	Central Wash.	16:19.90	
11	Henry, Keever	Western Wash.	16:20.30	
12	Heitzinger, Nathan	Seattle	16:20.80	
13	Lemay, Keith	Western Wash.	16:21.03	
14	Lybarger, Andrew	Seattle	16:23.67	
15	Paul, Phil	Central Wash.	16:26.21	
16	Pearson, Joel	Unattached	16:27.40	
17	Hughes, Michael	Seattle	16:31.71	
18	Hague, Michael	Ga. Coll. & St.	16:32.81	
19	Franco, Lucas	Seattle	16:37.48	
20	Hudson, James	Evergreen St.	16:49.23	
21	Pineda, Miguel	Unattached	17:05.81	
22	Weiser, Dan	Unattached	17:18.46	
23	Halferty, Bryan	Unattached	17:49.05	
24	Dobson, Richard	Ga. Coll. & St.	17:50.22	
25	Martindale, Robert	Unattached	18:31.16	
26	Murphy, Patrick	Evergreen St.	19:19.7h	

Men 10000 Meter Run

=====

Arlt Invite: ~ 33:39.25 2004 Robert Bartholomew, Highline CC
 Stadium: @ 30:34.7h 4/24/1982 Don Stearns, Eastern Ore.
 D-II Auto: # 29:20.00 2005
 D-II Prov: \$ 31:20.00 2005
 GNAC Auto: % 33:30.00 2005
 GNAC Prov: ^ 35:00.00 2005

Name	Year	School	Finals	Points
=====				
1 Nyuop, Bul		Western Wash.	33:39.80^	10
2 Lovik, John		Warner Pacific	33:41.50^	8
3 Keller, Tim		NW Nazarene	34:04.10^	6
4 Rank, Jonathon		Unattached	34:04.30^	5
5 Stoddard, Zach		Puget Sound	34:28.50^	4
6 O'Bluck, Tris		Unattached	34:34.60^	3
7 Chilcoat, Kenneth		Pacific Lutheran	34:43.80^	2
8 Genest, Darryl		Unattached	34:44.70^	1
9 Ellis, Peter		Western Wash.	34:58.60^	
10 Roach, James		Highline CC	35:34.10	
11 Fish, Cory		Pacific Lutheran	36:12.50	
12 Essig, Mike		Highline CC	38:23.90	

-- Litzinger, Alex Western Wash. DNF

Men 110 Meter Hurdles

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=====
Arlt Invite: ~ 14.4h 1994              Nolan Toso, Pacific Lutheran
Stadium: @ 14.53 5/12/1984      Don Erickson, Puget Sound
D-II Auto: # 13.90 2005
D-II Prov: $ 14.75 2005
GNAC Auto: % 15.60 2005
GNAC Prov: ^ 16.60 2005
```

Name	Year	School	Finals	Wind	H#	Po
1 Edwards, Robert		Central Wash.	15.02	3.4	2	
2 Clark, Alex		Central Wash.	15.19	3.4	2	
3 Freeman, Josh		Western Wash.	15.29	3.4	2	
4 Wilson, Dustin		Western Wash.	15.39	3.4	2	
5 Moody, Ricky		Highline CC	15.88	2.2	1	
6 O'Keefe, Andrew		Highline CC	16.15	3.4	2	
7 Choyce, Taylor		Seattle	16.25	2.2	1	
8 Argo, Gunner		Central Wash.	16.48	2.2	1	
9 Penman, Todd		Warner Pacific	16.65	2.2	1	
10 Turner, James		Highline CC	17.04	2.2	1	

Men 400 Meter Hurdles

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=====
Arlt Invite: ~ 52.5h 1994              Goreal Hudson, Central Wash.
Stadium: @ 52.5h 4/23/1994      Goreal Hudson, Central Wash.
D-II Auto: # 51.70 2005
D-II Prov: $ 53.30 2005
GNAC Auto: % 56.90 2005
GNAC Prov: ^ 1:00.00 2005
```

Name	Year	School	Finals	H#	Points
1 O'Keefe, Andrew		Highline CC	57.00^	2	10
2 Griffith, Eric		Eastern Ore.	57.27^	2	8
3 Hamblen, Jordan		Mount Hood CC	57.70^	2	6
4 Jensen, Erik		Pacific Lutheran	59.15^	1	5
5 Millar, Trevor		Northwest	59.21^	2	4
6 Myhre, Kevin		Western Wash.	59.91^	2	3
7 Browne, Ryan		Eastern Ore.	1:00.42	1	2
8 Penman, Todd		Warner Pacific	1:00.50	2	1
9 Aguirre, John		Eastern Ore.	1:00.65	1	

10 Decker, Stewart	Puget Sound	1:02.92	1
11 Bybee, Nathan	Puget Sound	1:03.98	1

Men 3000 Meter Steeplechase

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=====
Arlt Invite: ~ 9:11.9h 1998      Eric Tollefson, Unattached
  Stadium: @ 9:11.9h 4/25/1998  Eric Tollefson, Unattached
D-II Auto: # 9:00.00 2005
D-II Prov: $ 9:24.00 2005
GNAC Auto: % 9:40.00 2005
GNAC Prov: ^ 10:15.00 2005
```

Name	Year School	Finals	Points
=====			
1 Anderson, Geoff	Central Wash.	9:35.50%	10
2 Cook, Matt	Central Wash.	9:45.70^	8
3 Woods, Seth	St. Martin's	10:01.00^	6
4 Libecap, Chris	Puget Sound	10:06.80^	5
5 Rockenbach, Brian	Central Wash.	10:09.50^	4
6 Ego, Josh	Eastern Ore.	10:11.10^	3
7 Wyatt, Jay	Puget Sound	10:12.40^	2
8 Frazier, Josh	Highline CC	10:21.70	1
9 Hudson, James	Evergreen St.	10:35.70	
10 Crabtree, Matt	Western Wash.	10:38.30	
11 Weiser, Dan	Unattached	10:54.10	
12 Lehman, Steve	Unattached	11:07.20	
13 Doyle, Sean	Unattached	11:07.30	

Men 4x100 Meter Relay

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=====
Arlt Invite: ~ 41.12 1999      Central Wash.
                                Delay, Faulconer, Saur, Courtney
  Stadium: @ 41.12 4/24/1999  Central Wash.
                                Delay, Faulconer, Saur, Courtney
D-II Auto: # 40.00 2005
D-II Prov: $ 41.15 2005
```

School	Finals	Points
=====		
1 Highline Community College 'A'	42.84	10
2 Western Washington University 'A'	42.84	8
3 Central Washington University 'A'	43.53	6
4 University of Puget Sound 'A'	43.81	5
5 Northwest Nazarene University 'A'	44.40	4

6	Pacific Lutheran University	'A'	44.53	3
7	Seattle University	'A'	44.63	2
8	University of Puget Sound	'B'	47.05	1

Men 4x400 Meter Relay

=====

Arlt Invite: ~ 3:16.5h 1994 Western Wash.
Hill, Blank, Young, Delaney
Stadium: @ 3:15.08 5/12/1984 Simon Fraser
Clarke, Tyler, Devlin, Kaay

D-II Auto: # 3:09.00 2005
D-II Prov: \$ 3:13.30 2005

School	Finals	H#	Points
--------	--------	----	--------

1	Western Washington University	'A'	3:22.71	2	10
2	Central Washington University	'A'	3:24.03	2	8
3	Unattached	'A'	3:28.41	2	6
4	Eastern Oregon University	'A'	3:30.04	2	5
5	Seattle University	'A'	3:34.15	2	4
6	Warner Pacific College	'A'	3:36.35	1	3
7	Western Washington University	'B'	3:36.98	1	2
8	Northwest Nazarene University	'A'	3:44.43	2	1

Men High Jump

=====

Arlt Invite: ~ 6-10.25 1998 Sean Steele, Highline CC
Stadium: @ 7-00 4/7/1979 Bob Peterson, Idaho

D-II Auto: # 2.16m 2005
D-II Prov: \$ 2.08m 2005
GNAC Auto: % 1.95m 2005
GNAC Prov: ^ 1.80m 2005

Name	Year	School	Finals
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1	Robinson, Aaron	Unattached	2.08m\$	6-09.75
2	Eickhoff, Warren	Washington	2.08m\$	6-09.75
3	Geist, Peter	Western Wash.	2.03m%	6-08.00
4	Reggler, Raheem	Highline CC	2.03m%	6-08.00
5	McGillen, Kyle	Western Wash.	1.93m^	6-04.00
6	Word, Jeff	Western Wash.	1.93m^	6-04.00
6	Bailey, Cameron	Central Wash.	1.93m^	6-04.00
8	Choyce, Taylor	Seattle	1.88m^	6-02.00
9	Watson, Cresap	Central Wash.	1.88m^	6-02.00

10 Allan, Peter	Western Wash.	1.88m^	6-02.00
11 Moody, Ricky	Highline CC	1.83m^	6-00.00
12 Lucke, Bryan	Western Wash.	1.83m^	6-00.00
12 Freeman, Sam	Pacific Lutheran	1.83m^	6-00.00
14 Jones, Alvin	Highline CC	1.78m	5-10.00
15 Blain, Tom	NW Nazarene	1.73m	5-08.00
16 Bye, Brycen	Puget Sound	1.68m	5-06.00
-- Kramer, Brian	Puget Sound	NH	

Men Pole Vault

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=====
Arlt Invite: ~ 17-01.75 2004      Shawn Trimble, Eastern Ore.
  Stadium: @ 17-01 4/17/2004  Shawn Trimble, Eastern Ore.
D-II Auto: # 5.18m 2005
D-II Prov: $ 4.80m 2005
GNAC Auto: % 4.40m 2005
GNAC Prov: ^ 4.00m 2005
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Name	Year	School	Finals	
1 Roberts, Sam		Washington	4.70m%	15-05.00
2 Gause, Greg		Puget Sound	4.55m%	14-11.00
3 Lewis, Preston		NW Nazarene	4.55m%	14-11.00
4 Greene, Burch		Puget Sound	4.40m%	14-05.25
5 Thomas, Joel		Central Wash.	4.25m^	13-11.25
5 Zueger, Brandon		Central Wash.	4.25m^	13-11.25
7 Redmond, Adam		Highline CC	4.25m^	13-11.25
7 Lucke, Bryan		Western Wash.	4.25m^	13-11.25
9 Behl, Andrew		Western Wash.	4.25m^	13-11.25
10 Gould, Brian		NW Nazarene	4.25m^	13-11.25
11 Schomann, Kit		Western Wash.	4.10m^	13-05.25
11 Tribe, Charlie		Western Wash.	4.10m^	13-05.25
13 Argo, Gunner		Central Wash.	4.10m^	13-05.25
14 Giddens, Jayce		Mount Hood CC	3.95m	12-11.50
15 Lowry, Robbie		Western Wash.	3.80m	12-05.50
16 Turner, James		Highline CC	3.35m	10-11.75
-- Griffith, Eric		Eastern Ore.	NH	

Men Long Jump

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Arlt Invite: ~ 23-10.75 1995      Rob Rising, Central Wash.
  Stadium: @ 24-05.50 3/28/1970  Dave Walker, Central Wash.
D-II Auto: # 7.72m 2005
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D-II Prov: \$ 7.21m 2005
 GNAC Auto: % 6.70m 2005
 GNAC Prov: ^ 6.30m 2005

Name	Year	School	Finals	Wind	
=====					
1	Van Sant, Pete	Puget Sound	6.52m^	NWI	21-0
2	Kramer, Brian	Puget Sound	6.23m	NWI	20-0
3	Watson, Cresap	Central Wash.	6.12m	NWI	20-0
4	Goodwin, Christian	Central Wash.	6.12m	NWI	20-0
5	Choyce, Taylor	Seattle	6.10m	NWI	20-0
6	Elmo, Adrian	Unattached	6.09m	NWI	19-1
7	Danforth, Paul	Western Wash.	5.93m	NWI	19-0
8	Orji, Lionel	Highline CC	5.89m	NWI	19-0
9	McGillen, Kyle	Western Wash.	5.63m	NWI	18-0
10	Jensen, Erik	Pacific Lutheran	5.51m	NWI	18-0
11	Englund, Eric	Puget Sound	5.32m	NWI	17-0
12	Falconer, Caleb	Mount Hood CC	4.88m	NWI	16-0
13	Hall, Tim	Mount Hood CC	4.43m	NWI	14-0

Men Triple Jump

=====					
Arlt Invite: ~ 48-01.25		2002	Justin Lawrence, Central Wash.		
Stadium: @ 51-00		4/7/1979	Dave White, Eastern Wash.		
D-II Auto: # 15.54m		2005			
D-II Prov: \$ 14.55m		2005			
GNAC Auto: % 13.50m		2005			
GNAC Prov: ^ 12.50m		2005			
Name	Year	School	Finals	Wind	
=====					
1	McIver, Brynne	Highline CC	13.99m%	NWI	45-1
2	Hamm, Greg	NW Nazarene	13.65m%	NWI	44-0
3	Timmer, Caleb	St. Martin's	13.28m^	NWI	43-0
4	Kramer, Brian	Puget Sound	12.94m^	NWI	42-0
5	Bailey, Cameron	Central Wash.	12.91m^	NWI	42-0
6	Elmo, Adrian	Unattached	12.72m^	NWI	41-0
7	Jensen, Erik	Pacific Lutheran	12.57m^	NWI	41-0
8	Danforth, Paul	Western Wash.	12.47m	NWI	40-1
9	Truman, Gary	Eastern Ore.	12.44m	NWI	40-0
10	Timmer, Josh	St. Martin's	12.40m	NWI	40-0
11	Watson, Cresap	Central Wash.	12.34m	NWI	40-0
12	Hall, Tim	Mount Hood CC	12.05m	NWI	39-0
13	Powers, Wes	Warner Pacific	11.17m	NWI	36-0

-- Falconer, Caleb

Mount Hood CC

FOUL NWI

Men Shot Put

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Arlt Invite: ~ 53-08.50 1994 Scott Easley, Western Wash.

Stadium: @ 57-02 Twice

D-II Auto: # 18.29m 2005

D-II Prov: \$ 16.00m 2005

GNAC Auto: % 13.40m 2005

GNAC Prov: ^ 12.20m 2005

Name	Year	School	Finals
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1	Neel, Cameron	Central Wash.	15.29m%	50-02.00
2	Hartsteen, Tyler	Mount Hood CC	15.14m%	49-08.25
3	Galloway, Jacob	Central Wash.	15.04m%	49-04.25
4	Cooper, Adam	Eastern Ore.	14.51m%	47-07.25
5	Valdez, Matt	Rodeo City TC	13.80m%	45-03.50
6	Walker, Blake	Central Wash.	13.61m%	44-08.00
7	Palmer, Steven	Puget Sound	13.58m%	44-06.75
8	Johnson, Michael	Pacific Lutheran	13.45m%	44-01.50
9	Stanbery, Russ	Puget Sound	13.27m^	43-06.50
10	Perkins, Rhys	Eastern Ore.	13.06m^	42-10.25
11	Oliphant, Colton	Pacific Lutheran	12.23m^	40-01.50
12	Shekeryk, Nick	Seattle	12.03m	39-05.75
13	Uberti, David	Central Wash.	11.81m	38-09.00
14	Rogiers, David	Western Wash.	11.78m	38-07.75
15	White, Randall	Warner Pacific	11.58m	38-00.00
16	Gilbert, Cameron	NW Nazarene	10.39m	34-01.25
--	Feletoi, Ponce	St. Martin's	FOUL	
--	Herriman, Mike	Eastern Ore.	FOUL	

Men Discus Throw

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Arlt Invite: ~ 180-07 1998 Luke Jacobson, Pacific Lutheran

Stadium: @ 201-01 5/8/1971 John Bakkenson, Portland TC

D-II Auto: # 54.86m 2005

D-II Prov: \$ 49.08m 2005

GNAC Auto: % 43.00m 2005

GNAC Prov: ^ 37.00m 2005

Name	Year	School	Finals
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1	Bortz, Dirk	Eastern Ore.	52.15m\$	171-01
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2	Galloway, Jacob	Central Wash.	50.52m\$	165-09
3	Walker, Blake	Central Wash.	47.66m%	156-04
4	Cooper, Adam	Eastern Ore.	46.49m%	152-06
5	Neel, Cameron	Central Wash.	46.07m%	151-02
6	Argo, Gunner	Central Wash.	44.15m%	144-10
7	Moody, Ricky	Highline CC	44.10m%	144-08
8	Freeman, Josh	Western Wash.	43.58m%	143-00
9	Hughes, Jonathan	Central Wash.	41.41m^	135-10
10	Jones, Kyle	Unattached	40.48m^	132-10
11	Johnson, Michael	Pacific Lutheran	40.01m^	131-03
12	Roberts, Jarrod	Western Wash.	39.42m^	129-04
13	Valdez, Matt	Rodeo City TC	39.28m^	128-10
14	Perkins, Rhys	Eastern Ore.	37.92m^	124-05
15	Bertram, Tim	Mount Hood CC	37.75m^	123-10
16	Drelleshak, Jeremiah	Mount Hood CC	36.76m	120-07
17	Griffith, Eric	Eastern Ore.	32.39m	106-03
18	Oliphant, Colton	Pacific Lutheran	31.73m	104-01
19	Shekeryk, Nick	Seattle	31.01m	101-09
--	White, Randall	Warner Pacific	FOUL	
--	Timmer, Josh	St. Martin's	FOUL	
--	Lester, Andre	Highline CC	FOUL	

Men Hammer Throw

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Arlt Invite: ~ 189-02 1993      Aaron Linerud, Pacific Lutheran
  Stadium: @ 211-07 4/22/1978  Dwight Midles, Unattached
D-II Auto: # 60.96m 2005
D-II Prov: $ 52.42m 2005
GNAC Auto: % 43.00m 2005
GNAC Prov: ^ 35.00m 2005

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Name	Year	School	Finals	
=====				
1	Bortz, Dirk	Eastern Ore.	55.56m\$	182-03
2	Cooper, Adam	Eastern Ore.	52.44m\$	172-00
3	Walker, Blake	Central Wash.	52.00m%	170-07
4	Johnson, Michael	Pacific Lutheran	47.30m%	155-02
5	Uberti, David	Central Wash.	45.30m%	148-07
6	Millsap, Travis	Eastern Ore.	45.17m%	148-02
7	Hughes, Jonathan	Central Wash.	45.12m%	148-00
8	Schultz, Greg	Unattached	44.14m%	144-10
9	Galloway, Jacob	Central Wash.	43.20m%	141-09
10	Bertram, Tim	Mount Hood CC	41.48m^	136-01

11	Roberts, Jarrod	Western Wash.	41.29m^	135-05
12	Lester, Andre	Highline CC	39.97m^	131-02
13	Perkins, Rhys	Eastern Ore.	38.50m^	126-04
14	Drelleshak, Jeremiah	Mount Hood CC	37.54m^	123-02
15	Patterson, Jason	Central Wash.	37.34m^	122-06
16	Rogiers, David	Western Wash.	37.19m^	122-00
17	Dean, Cody	Puget Sound	37.10m^	121-09
18	Justham, Drew	Puget Sound	32.16m	105-06
19	Oliphant, Colton	Pacific Lutheran	28.15m	92-04
--	Larkin, Daniel	NW Nazarene	FOUL	
--	Jones, Kyle	Unattached	FOUL	

Men Javelin Throw

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Arlt Invite: ~ 214-11 1998 Davy Logue, Pacific Lutheran
 Stadium: @ 245-04 4/12/1969 Drew Stevick, Whitworth
 D-II Auto: # 66.44m 2005
 D-II Prov: \$ 58.84m 2005
 GNAC Auto: % 57.00m 2005
 GNAC Prov: ^ 48.16m 2005

Name	Year	School	Finals	
=====				
1	Nyland, Dave	Washington	59.44m\$	195-00
2	Phillips, Alan	NW Nazarene	53.04m^	174-00
3	Pyle, Casey	Pacific Lutheran	52.78m^	173-02
4	Ingman, Michael	Central Wash.	52.21m^	171-03
5	Arenas, Brandon	Central Wash.	52.07m^	170-10
6	Cail, Rob	Highline CC	51.01m^	167-04
7	Herriman, Mike	Eastern Ore.	50.99m^	167-03
8	Wells, Ian	Central Wash.	50.34m^	165-02
9	Nosler, Jake	Western Wash.	48.76m^	160-00
10	Carter, Eli	Mount Hood CC	48.30m^	158-05
11	Park, Albert	Western Wash.	47.41m	155-06
12	Pflugrath, Brett	Northwest	46.40m	152-03
13	Schultz, Marshall	NW Nazarene	46.00m	150-11
14	Teigen, Lars	Central Wash.	45.71m	150-00
15	Matern, Phil	Rodeo City TC	45.45m	149-01
16	Merila, Simon	Pacific Lutheran	44.51m	146-00
17	Bybee, Nathan	Puget Sound	41.83m	137-03
18	Babcock, William	Pacific Lutheran	41.76m	137-00

Women - Team Rankings - 21 Events Scored

1) Central Washington Univers	198	2) Western Washington Univer	1
3) Northwest Nazarene Univers	91	4) Seattle Pacific Universit	
5) Saint Martin's College	36	6) Highline Community Colleg	
7) Eastern Oregon University	33	8) Northwest University	
9) Warner Pacific College	28	10) Pacific Lutheran Universi	
11) Mount Hood Community Colle	26	12) University of Puget Sound	
13) Seattle University	18	14) University of Washington	

Men - Team Rankings - 20 Events Scored

1) Central Washington Univers	180.50	2) Western Washington Univer	
3) Highline Community College	82.50	4) University of Puget Sound	
5) Eastern Oregon University	72	6) Northwest Nazarene Univer	
7) Pacific Lutheran Universit	37	8) University of Washington	
9) Seattle University	25	10) Warner Pacific College	
11) Mount Hood Community Colle	14	12) Saint Martin's College	
13) Seattle Pacific University	7	13) Northwest University	
15) Rodeo City Track Club	4		